

A woman with long dark hair, wearing a white Tai Chi uniform with red floral embroidery and red frog closures, is captured in a Tai Chi pose. She is standing in a park with trees showing autumn foliage. Her right arm is extended forward with the thumb pointing up, and her left hand is held near her waist. The background is a soft-focus landscape with trees and a path.

8-Form Tai Chi

TAI CHI FOR BEGINNERS TUTORIAL

8-form Tai Chi Sequence

Opening

- Repulse monkey
- Brush knee and push forward
- Part the horse mane
- Clouding hands
- Golden Rooster standing on one leg
- Kick the heel
- Grasp Peacock's Tail
- Cross hands

Closing



Opening

1. Open left foot to feet shoulder's width
2. Raise arms to chest level in a relaxed manner
3. Press hands downward while lowering your body, keep knees soft





1. Repulse Monkey

1. Turn to your right approximate 45 degree, open both arms like holding a big ball
2. Fold right arm by the side of right ear, turn left arm facing upward
3. Right hand pushing forward, left hand retreating
4. Left arm draws a curve to your left approximate 45 degree, both arms open
5. Repeat the above



1. Repulse Monkey Finishing Position

LEFT HAND IN YOUR FRONT, RIGHT HAND FACING UP NEAR TUMMY

2. Brush Knee and Push Forward



1. Shift weight to the right leg, T-Step; left arm down to the front of tummy, right arm up to the side
2. Place Left heel to your left 45 degree, fold right arm by the ear
3. Move into a lunge, brush knee & push forward

2. Brush Knee and Push Forward

- ▶ Transition: Sit backward, move right leg towards left leg, into T-step; right arm down to the front of tummy, left arm up to the side
- ▶ Repeat brush & push



2.Brush Knee and Push Forward Finishing Pose

LEFT HAND PUSH, RIGHT HAND BRUSH



3. Part the Horse Mane



1. Sit backwards then shift weight to right leg, move left leg towards the right into T-step, holding the ball with right hand on top
2. Left leg to your left 45 degree into a lunge,
3. Splitting hands: left arm up to eye level, palm facing towards you, right hand facing down by the side of waist

3. Part the Horse Mane

Sit back, transit into T-step, holding a ball and repeat.





3. Part the
Horse Mane
finishing pose

4. Clouding Hands

► Two steps to the left

Turn to your left, move right foot towards the left, feet together

Left leg one step to the left, feet apart



4. Clouding Hands

Two Steps to the right

- ▶ Turn to your right, move left leg towards the right, feet together
- ▶ Right leg one step to the right, feet apart;





Clouding Hands finishing pose



5. Rooster Stands on one leg

- ▶ Shift weight to left leg, right leg back into T-Step
- ▶ Lift right knee and hand, left hand facing down on the side of waist;





5. Rooster Stands on one leg

RETURN AND REPEAT ON THE
OTHER SIDE

6. Kick the Heel (R)

- ▶ Shift weight to left leg, T-Step, crossing hands like hold a ball in front of tummy;
- ▶ Lift hands and right knee at the same time, hands to chest level;
- ▶ Open hands and kick right heel 45 degree to your right;



6. Kick the Heel(L)

- ▶ Return and shift weight to right leg, repeat on the other side.



7. Grasp Peacock's Tail

1. Ward off
2. Roll over
3. Press
4. Push

Right side + Left Side

Transition: T-Step, holding the ball





8. Cross Hands

- ▶ Turn to your right, lunge (R), open the arms
- ▶ Turn left foot, lunge (L), cross hands like holding a ball upward
- ▶ Return right foot to shoulder's width
- ▶ Lift arms



Closing

- ▶ Flip and open hands
- ▶ Press arms downward
- ▶ Left leg return, feet together



Learn the form, but seek the
formless. Hear the soundless. Learn
it all, then forget it all. Learn
The Way, then find your own way.

But do not name it my friend, for
it's like water; nothing can
overcome water, yet it can overcome
rock. It does not fight; it moves
around the opponent, boneless,
nameless. The true master dwells
within. Only you can be free.

(The Forbidden Kingdom, 2008)

